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HE SAID, SHE SAID

LAKE BELL TAKES ON THE VOICE-OVER INDUSTRY'S GLASS CEILING IN HER NEW FILM, IN A WORLD PAGE 8

At the Centre of it all

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Cody Smith, manager of River City Sports in Saskatoon, shows his team spirit with assorted Roughriders gear at the store on Monday. Smith says Riders apparel and souvenirs have been moving steadily off the shelves, and adds that the province's role as host of the Grey Cup game this CFL season has played a part in the demand. MORGAN MODJESKI/METRO IN SASKATOON

Rider Nation brings the noise

Game for more.
Increase of 15,000-plus fans for first four home games attributed to extra seating, Grey Cup in Regina and better game-day atmosphere

MORGAN MODJESKI
Metro in Saskatoon

Rider Nation is rising to the occasion, as the Green and White have risen to the CFL's top spot.

Attendance at Saskatchewan Roughriders games at Mosaic Stadium has been climbing since the beginning of this season, and has outpaced that of the first four home tilts of 2012 by a total of more than 15,000 fans.

Gregg Sauter, vice-president of business development and marketing with the Roughriders, said Monday that a number of factors have contributed to the increase. But the decision to open additional seating early for the Grey Cup game, to be played at Mosaic in November, has been a factor.

"People who haven't been here in a number of years — or in some cases, ever — are here this year," Sauter said of fans converging on the stadium on game days.

"People in Saskatoon, Prince Albert and North Battleford, who haven't been down for a while, are making it out."

Cody Smith, manager at River City Sports in Saskatoon, said there's also a strong demand for the Green and White gear.

"We've had ages range from young kids who are getting new jerseys (to replace) the ones they've grown out of (to) older fans into their 70s looking at getting jerseys and wearing green," said Smith.

"Roughly 85 per cent of our sales are Rider sales right now."

Sauter noted that the energy in the stands is reflected in the Riders' 6-1 record.

"Players love to play in Saskatchewan and they love to play for the Roughriders," he said. "The Roughriders are really part of our culture."

However, despite attendance reaching 40,637 for this past Saturday's win over the Montreal Alouettes, Sauter said the capacity of the planned $278-million stadium to replace Mosaic — about 33,500 seats with a capability for expansion to 40,000 at times — will be a good fit when it opens in 2017.

"We have thousands of tickets available for the last three, four or five games of the year and we're not going to be selling out those games at 40,000-plus," he explained.

"We're not 6-1 every year, we don't have the Grey Cup every year and all of those things add to the hype."

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Decision

Saskatchewan auditor to leave for Ontario

She was leaving, then staying. And now she's leaving again.

Bonnie Lysyk, Saskatchewan's provincial auditor, announced on Monday that she will, after all, leave her post to become Ontario's auditor general next month.

Though Lysyk said in a prepared statement that leaving her Regina office has been a "difficult personal and professional" move, she has chosen "for personal reasons" to follow through with her initial decision to take the job as Ontario's auditor general.

METRO

In Saskatoon

Peter MacKay talks cracking down on crime

Federal Justice Minister Peter MacKay is talking about cracking down on drunk driving, sexual predators and cyberbullying, while doing more to help victims. THE CANADIAN PRESS

Central Park

Suspect sought in reported sex assault

City police are looking for a suspect after a 27-year-old woman reported being sexually assaulted in Central Park on Friday.

Police were called to a hospital on Saturday, when the woman reported the attack.

Police are looking for the suspect described as a heavy-set black man, who is six-foot-four, bald and wears glasses. At the time he was wearing a light-blue golf shirt, blue track pants and brown leather sandals.

Police ask anyone with information on the incident to call them at 306-777-6500 or Crime Stoppers at 1-800-222-8477.

METRO

Home Builders Association supports development split

'Right balance'. The Regina and Region Home Builders Association backs the division in proposed official community plan

While stressing its opposition to harsh restrictions on outward growth, the Regina and Region Home Builders Association (RRHBA) has announced its support for a 70-30 split between outer-urban construction and infill developments proposed in the city's official community plan (OCP).

Stu Niebergall, president and CEO of the RRHBA, says the proposed ratio is a healthy medium that would allow more options for consumers.

"I think the city achieved the right balance here," he told Metro on Monday. "At 70 per cent greenfield (outside the already established urban footprint) growth, I think it allows both the growth here in Regina and in these other communities like Pilot Butte to continue in the way they have."

While Niebergall has raised concerns about certain portions of the plan, he said the real issue for home builders is the time it will take for city staff to translate the OCP's broad goals — such as making communities more "walkable" — into concrete regulations.

He's urging the city to devote plenty of resources to quickly churning out the new regulations.

He added that stringent growth plans in other jurisdictions restricting outward development and encouraging high-density developments have made single-family homes in those cities, such as Portland, Ore., "fairly unattainable" for the average person.

As city council considers approving the OCP this week, Niebergall cautioned against more skewed ratios, arguing that market demand is already pushing developers to build higher-density dwellings.

Stu Niebergall, president and CEO of the Regina and Region Home Builders Association (RRHBA) says his group supports the 70-30 split between outer-urban construction and infill developments proposed in the city's official community plan. MARCO VIGLIOTTI/METRO

"Cities are living organisms," he explained. "Markets change, people's choices change and you need to be able to adjust to that."

According to the city's website, the OCP is a "comprehensive policy framework" that will "guide the physical, environmental, economic, social and cultural development of Regina."

The City of Regina did not return calls for comment on Monday.

MARCO VIGLIOTTI/METRO

A sweet message in the face of bullying

People on a downtown roof drop cookies along with anti-bullying messages tied to balloons.
ALYSSA MCDONALD/METRO

Downtown Regina was showered with sugar cookies on Monday, in hopes of reminding everyone to be sweet to each other.

In partnership with SaskTel's I Am Stronger anti-bullying campaign, the midday gesture saw some of the almost 12,000 cookies fall into the hands of pedestrians when dropped from a rooftop — and in pairs, so people could share with their friends.

"We are giving everyone two cookies — one for them to keep, and one for them to pass to somebody else to pay it forward," said Ashlee Mitchell, an organizer who, along with her mother, is a partner in the Sweet Ambrosia Bakeshoppe.

The cookies dropped from above or handed out at the F.W. Hill Mall had been made at the bakery's Bake-a-Difference classes — free, weekly sessions where people get together and bake. Mitchell said approximately 200 people helped them make the cookies during the past few weeks, while some of the supplies — flour, eggs and sugar — were donated.

The classes started a few months ago as a way to overcome what Mitchell calls a "corporate cyberbullying" of the bakery, which included social-media posts, prank phone calls and even an egging of her home after the business was established in 2007.

"We were bullied as a business and we decided to be proactive about it," she explained.

"Our bakery is a family bakery … and we almost gave up, but decided we weren't going to stand for it any more."

The goal of Monday's event, she added, was simply to remind people to be kind to each other.

"Everyone has been involved in (bullying) in some way, shape or form," said Mitchell, "and when you give somebody an expectation to be kind, they are not going to want to be a bully."

ALYSSA MCDONALD/METRO

Egypt. Officials may free jailed former president as violence continues

A court ruling Monday raised the possibility of jailed ex-president Hosni Mubarak walking free soon, a move that would fuel the unrest roiling the country after the autocratic leader's successor was removed in a military coup.

Underscoring the growing anger over Mohammed Morsi's ouster, suspected Islamic militants ambushed two minibuses carrying off-duty policemen in Egypt's Sinai Peninsula, forcing the men to lie on the sand and shooting 25 of them dead.

"They were marked in advance by the attackers," said Ashraf Abdullah, who heads the police branch the victims belonged to. He said the assailants checked the IDs of the men, who were not in uniform, to ensure they were policemen before opening fire.

The brazen daylight attack raised fears that the strategic desert region bordering Israel and the Gaza Strip could be plunged into a full-fledged insurgency.

The 25 slain police officers were given a funeral with full military honours.

THE ASSOCIATED PRESS

Ex-Egyptian president Hosni Mubarak
THE ASSOCIATED PRESS

Muslim Brotherhood

In a separate development early on Tuesday, police detained the supreme leader of the Muslim Brotherhood, the Islamist group from which Morsi hails, according to security officials and state television. They said Mohammed Badie was captured in an apartment in the eastern Cairo district of Nasr City.

'Against the coup'

A woman holds up a picture of Egypt's ousted president Mohammed Morsi, reading in Italian "Against the coup," during a demonstration in Rome Monday. A Human Rights Watch report accused Egyptian security forces of using excessive force when they moved last week to clear the larger of two sit-in protest camps. RICCARDO DE LUCA/THE ASSOCIATED PRESS

Driver beaten by angry mob. Train runs over pilgrims in India, killing dozens

A train ran over a group of Hindu pilgrims at a crowded station in eastern India early Monday, killing at least 37 people. A mob infuriated by the deaths beat the driver severely and set fire to coaches, officials said.

Several hours after the accident, flames and dark smoke could be seen billowing out of the train coaches, as protesters blocked firefighters from the station in Dhamara Ghat, a small town in Bihar state, officials said.

Dinesh Chandra Yadav, a local member of parliament, said the pilgrims were crossing the tracks in the packed, chaotic station when they were struck by the Rajya Rani Express train. Several other people were injured.

THE ASSOCIATED PRESS

Quoted

"The driver did not slow down when the train approached the station."

Kumar Ashutosh, a passenger on the train, said it was difficult for the driver to stop as the train was going at a rapid speed when he realized there were people on the track.

Coaches of the Rajya Rani Express train burn after a mob set it on fire at a station in India on Monday. THE ASSOCIATED PRESS

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‘Justice’ served but fight not over: Yatim family

T.O. streetcar killing. Scrutiny turns to other officers following the laying of murder charge

JESSICA SMITH
Metro in Toronto

When Sammy Yatim’s family learned the officer who shot him on an empty Toronto streetcar last month was being charged with second-degree murder, they celebrated “justice” being done and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after Ontario’s Special Investigations Unit (SIU) announced it was laying charges against Const. James Forcillo, Sammy’s sister Sarah tweeted: “Good morning JUSTICE.”

Later, Yatim’s family released a statement saying they were relieved by the charges and calling for further investigation into “the supervising police officer(s) and the other officers in attendance for their lack of intervention.”

On July 27, Yatim, 18, was shot multiple times and Tasered after he appeared to have brandished a knife and exposed himself as passengers fled from the streetcar.

The SIU investigated only Forcillo and did not lay charges against any other officer, including a sergeant who appears on video to have Tasered Yatim after he’d already been shot and fallen to the floor.

That’s enough evidence to support an assault charge, according to lawyer Peter Rosenthal, who has represented the families of a number of people who have been killed by police.

The SIU’s mandate “is only to charge officers if they’re involved with serious injury or death, and they figured, probably, that the Tasering wasn’t what harmed Mr. Yatim,” Rosenthal said.

Just because the SIU didn’t investigate the sergeant, it doesn’t mean police shouldn’t lay an assault charge, he said.

Rosenthal would also like to see consequences for the officers who didn’t appear to use any de-escalation techniques.

“In my view, it’s up to the police chief to discipline the police officers who don’t follow the de-escalation training they’re given, whether or not they’re guilty of criminal charges,” he said.

Pressing further

“We want to work now to ensure that Sammy’s blood wasn’t wasted and to prevent any other families from enduring such a tragedy.”

A statement from the family of Sammy Yatim

James Forcillo is the seventh on-duty Toronto police officer to be charged by the SIU with manslaughter or murder since its inception in 1990. CONTRIBUTED

Not enough Tasers?

Yatim’s death has prompted questions from the public about the use of Tasers.

- Ontario policy states only sergeants — not all frontline officers — should carry Tasers.
- Toronto police Chief Bill Blair says allowing officers to be armed with Tasers may be one of the recommendations contained in the review of Yatim’s death he has requested from retired associate chief justice Dennis O’Connor.

Follow along on Twitter

Watch @jessiecatherine on Tuesday morning for live updates from Const. James Forcillo’s first court appearance.

Autism. Cops investigate letter telling woman to euthanize her grandson

An Ontario woman whose autistic grandson was the target of a hateful letter is describing the words as sickening.

Brenda Millson says she received a letter on Friday that tells her family to “go live in a trailer in the woods” and even suggests her 13-year-old grandson be euthanized.

She says the letter left everyone in shock but the family hopes it will raise awareness of the support needed by autistic children. Durham regional police say they have been investigating since Friday. THE CANADIAN PRESS

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Woman cried out before Oscar Pistorius shot her, court hears

A woman screamed and then there was silence, according to South African prosecutors pressing a premeditated-murder case against Oscar Pistorius.

Next, the indictment says, witnesses heard gunshots and more screaming at the home of the Paralympic champion, who says he shot his girlfriend by mistake.

The sequence of events outlined Monday could bolster an argument that the double-amputee Olympian was intent on killing Reeva Steenkamp after an altercation and was not reacting fearfully to what he thought was an intrusion in his home. Prosecutors revealed a list of more than 100 witnesses, some of whom live in the community where she was killed.

The athlete will face an additional charge of illegal possession of ammunition when his blockbuster trial starts on March 3 in a court in the South African capital, Pretoria.

The indictment in the Pretoria Magistrate’s Court yielded new details about how prosecutors will pursue a case that has gripped the world because of the celebrity status of Pistorius, who overcame his disability to become a global phenomenon, only to see his name and accomplishments tarnished by his role in a violent death.

The main charge laid by prosecutors carries a mandatory sentence of life imprisonment with a minimum of 25 years in prison if Pistorius is convicted.

Prosecutors also said in the indictment papers that Pistorius shot “with the intention to kill a person,” and even if his story is found to be true, he was still guilty of murder.

That secondary argument seemingly allows for the possibility that Pistorius could escape the more serious charge of premeditated murder but still be convicted of murder without premeditation, which carries a sentence of 15 years in prison.

THE ASSOCIATED PRESS

Oscar Pistorius cries as he prays with his sister Aimee and brother Carl in the magistrate’s court in Pretoria, South Africa, on Monday. THE ASSOCIATED PRESS

Remembering the victim

The timing of the indictment was melancholic because Reeva Steenkamp would have celebrated her 30th birthday on Monday.

‘Fat letters’: Helping fight obesity, or shaming kids?

BMI testing. Some say it’s an important tool to combat an epidemic, others say it’s ‘a terrible idea’

Letters sent home with overweight children are called “fat letters” by some critics, who say they shame kids about their weight and increase bullying.
RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

They’ve been called “fat letters” and critics say they increase bullying and shame kids for their body weight.

But a paper published Monday by the American Academy of Pediatrics argues that weighing and measuring the height of schoolchildren and sending letters home with overweight kids is important for combating the obesity epidemic.

This kind of screening has been going on in parts of the U.S. for more than a decade, and despite the objections, has led to positive lifestyle changes for many of the children identified as obese, the paper argues.

“Obesity is an epidemic in (the U.S.), and one that is compromising the health and life expectancy of our children. We must embrace any way possible to raise awareness of these concerns and to bring down the stigmas associated with obesity so that our children may grow to lead healthy adult lives,” the author, Dr. Michael R. Flaherty, told Torstar News Service.

Not enough study has been done to conclusively state whether body mass index (BMI) testing or letters sent home are producing any behavioural change, Flaherty writes, though limited studies in Arkansas, the first state to implement school testing, show markedly positive outcomes.

Critics of BMI testing, which has now been implemented in 21 U.S. states, however, say the letters amount to “fat shaming” and encourage bullying, while not providing any proven solutions to parents.

“It’s a terrible idea,” said Dr. Yoni Freedhoff, founder and medical director of the Bariatric Medical Institute in Ottawa.

“There are no known, reproducible, sustainable protocols for parents to follow once these children are singled out,” he said. TORSTAR NEWS SERVICE

By the numbers

30

Canada, where 30 per cent of children are overweight or obese, is not far behind the U.S., where that number is 32 per cent.

Controversial singer. All Canadian Chris Brown concert dates cancelled

The promoter of four Chris Brown concerts in Canada scheduled for this summer says the events have been cancelled, citing the R&B star’s personal and health problems.

“After ongoing conversation and consultation with this year’s headline act Chris Brown, and in light of the performer’s recent personal and health-related issues, a decision has been made to cancel all four scheduled performances,” said Stephen Tobin, owner of Drop Entertainment Group, in a statement on the company’s website.

“In the absence of a festival headliner, we cannot proceed.”

Brown was to perform in Halifax, Saint John, Toronto and Winnipeg.
THE CANADIAN PRESS

Ottawa

PM to prorogue Parliament until October

Prime Minister Stephen Harper says he intends to ask the Governor General to prorogue Parliament, which means the House of Commons likely won’t resume in September as originally scheduled.

Harper, who is currently on a weeklong swing through northern Canada, says the government plans to deliver a throne speech in October after the Thanksgiving weekend, kicking off a new parliamentary session.

Most of the promises the Conservatives made in the last election have been fulfilled, and so the time has come for a new agenda, Harper told a news conference Monday in Whitehorse. THE CANADIAN PRESS

You owe me, Zuckerberg

Programmer hacks Facebook CEO's page to prove point

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreateh said he just wanted to collect the $500 US bounty the social network offers to those who voluntarily expose its glitches.

But when Facebook ignored his first two reports, Shreateh took his message to the top — and hacked into CEO Mark Zuckerberg's personal page to prove his point. The stunt cost Shreateh the bounty, but earned him job offers from around the world. THE ASSOCIATED PRESS

Market Minute

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Al Jazeera aims to shake up U.S. broadcast news

New York. As network launches in America, it promises to offer more journalism — and less yelling — than rivals

KIERON MONKS
Metro World News in London

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen, former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

"It's very different here. We are doing in-depth investigations that treat journalism with idealism, and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.

The memory remains and the launch has been fiercely opposed. Congressman Tim Murphy has led calls for an investigation, while civil society group Accuracy in Media attacked "an unacceptable danger to American citizens by adding to the potential for home-grown jihadists inspired by Al Jazeera's inflammatory programming." An AJA source in New York revealed protests are planned and security is tight.

Philip Seib, director of the USC Center on Public Diplomacy, said that AJA's success will also reflect on its owners. "They have made a huge investment, and they want to be influential and respected as the dominant voice of the Middle East. Al Jazeera put them on the map, and now they have taken another big step."

Quoted

"People here don't know where Qatar is but this will demystify the 'other.' It's an Arabic logo but Americans on screen, so there's a bridge that will be constructive."

Philip Seib, director of the USC Center on Public Diplomacy, who thinks the majority of Al Jazeera America's viewers will be won over.

Doughnuts. Tortoise wins the $10K race

A dreamed-up doughnut that combines chocolate, caramel and pecans has earned its inventor $10,000 and the knowledge he beat out 63,000 entries in a Tim Hortons contest. Toronto's Andrew Shepherd was crowned the winner of the Duelling Donuts competition on Monday for his creation the Tortoise Torte, which won against the runner-up doughnut Oreo Borealis. "I was ecstatic," Shepherd said. "It's kind of surreal." He said his doughnut uses a vanilla base and plays on flavours that are already merged together in other treats such as ice cream and candy. THE CANADIAN PRESS

The Tortoise Torte beat 63,000 entries in Tim Hortons' Duelling Donuts contest. SCREENGRAB/TIMHORTONS.COM

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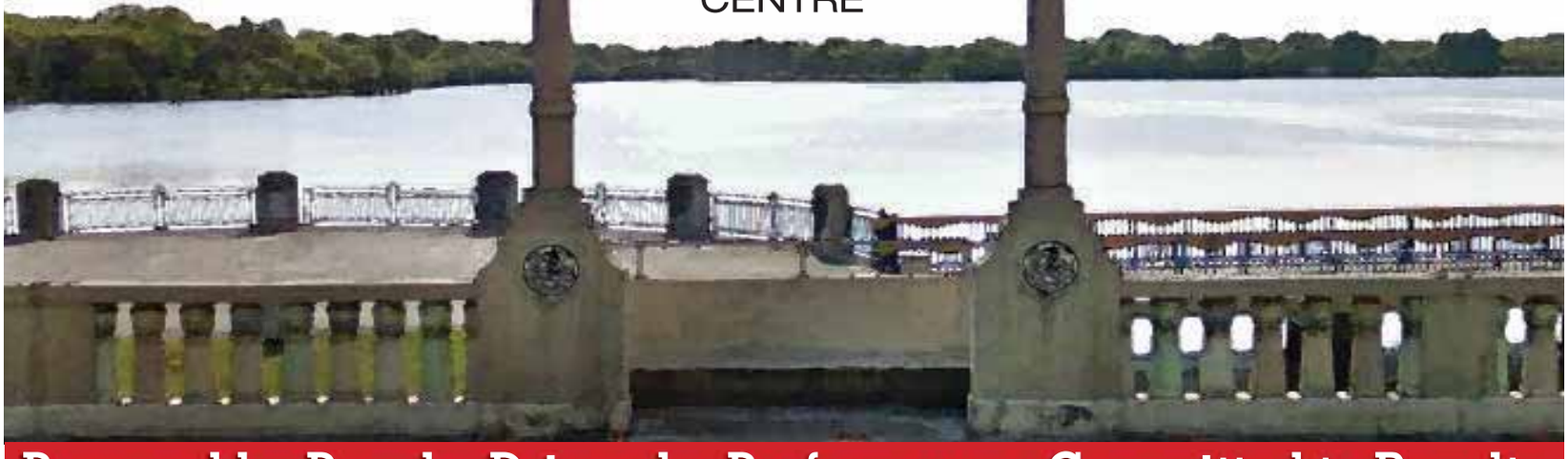

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YOUR SUBTLE TWEET SOUNDS SNARKY

SHE SAYS

Jessica Napier
metronews.ca

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has an immense potential for social change and positivity. Unfortunately it also has a tendency to feel a lot like high school sometimes. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that are obviously about someone but not mentioning a specific individual's name or handle. The nuanced construction of the sub-tweet allows social-media users to call out other people in an anonymous and yet very public kind of fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip-hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hands up! You are under the influence

COURTESY SEATTLE PD

Cops crack down on the munchies

The boys in blue took a break from busting heads at Seattle's Hempfest last weekend to hand out crispy snacks at the iconic Marijuana celebration — albeit with a request to not drive high — taking advantage of the recent legalization. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

Operation Orange Fingers

Did people think this was an undercover sting?
Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering new and creative ways to reach festival-goers, and we'll keep looking for new ways.

Were you pleased to be able to connect with a previously off-limits section of society?
The idea to find creative ways to reach out has been around a while, and thus was born Operation Orange Fingers.

Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?
You have defined undercover police work.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yuks. Add these three to your iTunes subscriptions for a steady supply of laughs.

My Brother, My Brother and Me:

When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

The Bugle :

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter

@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?

@ThatDonnaGirl: 6 y.os will get fat letters and the American Academy of Pediatrics will wonder why 7 y.os have eating disorders

@Canucklehead_ca: Will just give kids another test to worry about failing. #BMIisTMI

@shopwithandrea: Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

@Cavemanbiff: Good nutrition, & fit bodies begin at home, under the guidance of parents.

@RunSoulCycle: Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

@Zaedum: I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

@HamiltonMetals: A lot of kids going to be off sick that day...

@StephMacHorn: Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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DVD reviews

Amour

Director. Michael Haneke

Stars. Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

●●●●●

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career, a deserved winner of the most recent best foreign-language film Oscar. Extras include a Q-and-A with Haneke and a making-of featurette.

PETER HOWELL

Emperor

Director. Peter Webber

Stars. Matthew Fox, Tommy Lee Jones

●●●○○

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces, the latter beginning with an Aug. 15, 1945 radio address by Emperor Hirohito. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a miniseries' worth of events into one feature-length film, with romance tossed in for added appeal.

PETER HOWELL

Lake Bell wrote, directed and starred in the film In a World. CONTRIBUTED

Behind-the-scenes takes the spotlight

In a World. The voice-over industry gets its time to shine in a little film about family and sexism

Film fans everywhere can identify that movie-trailer voice: A booming baritone that entices viewers with cryptic explanations of the latest upcoming epic.

The business behind such voice work is the backdrop of Lake Bell's new film, In A World, of which she is the writer, director and star.

Real voice-over artists — the men and women who've spent years invisibly announcing the latest Taco Bell temptation, the promise of Firestone tires or upcoming Lifetime programs — say it's good to watch their profession being acknowledged on screen, even if the portrayal isn't perfect.

"It was fun to have that be a thing — that voice-over even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multimillionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of In A World... relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

But just like when doctors watch medical shows, these experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called The Amazon Games) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

"If only all I ever had to do was impress an engineer," Staley said, adding that a director would actually call the shots.

Klausmeyer said the business also isn't as cutthroat as it seems on screen.

"It worked for the dramatic nature of the film," he said, "but I find the voice-over industry filled with the nicest people who really understand that anybody can book anything."

THE ASSOCIATED PRESS

All in the family

Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Lopez ALL PHOTOS GETTY IMAGES

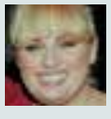
Casper the friendly informant: Lopez's love reveals return to Idol

Jennifer Lopez's boyfriend, Casper Smart, might have beat the American Idol bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the upcoming season, Smart gave a simple, "Yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized, but maybe Smart knows something they don't.

Twitter

@lenadunham
The only insults I will ever take seriously on twitter are from gay teenagers

@mindykaling
A thirty-five year old Carl Reiner will do just fine, thanks



@RebelWilson
I spend way too much time thinking, "should I shave my legs today?" X

Seth MacFarlane

MacFarlane has a new leading lady

Family Guy creator and controversial Oscar host Seth MacFarlane is reportedly dating Pitch Perfect star Alexis Knapp, according to People magazine. "They've known each other and have been friends for years," a source says. "She's very bright and loves science, like him. She's down to earth and sweet."

Pauly D

Hey DJ, play my song, because I'm paying you big bucks

Being a DJ can be a pretty sweet gig, if Forbes magazine's list of the highest paid mixers is any indication. Producer and songwriter Calvin Harris, who has worked with the likes of Rihanna and recently signed a two-year deal with Las Vegas club Hakkasan, tops the list, earning $46 million this year. "The rise of dance music has been astronomical in the last three years," Harris says. "I happened to be in the right place at the right time." Even former Jersey Shore star Pauly D is raking it in, taking home $13 million. Not too shabby.

The Word

Summer of George: Prince William talks papahood

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

"I very much feel if I can do it myself, I want to do it myself," he said. "And there are times where you can't do it yourself and the system takes over or it's appropriate to do things differently. But, I think driving your son and your wife away from hospital was really important to me."

As for the nearly one-month-old baby, William referred to him as "a little bit of a rascal" who he said reminded him of his younger brother, Prince Harry.

Striking a slightly exasperated tone familiar to many new fathers, he said he wished Prince George would settle down a little.

"At the moment, the only legacy I want to pass on to him is to sleep more and maybe not have to change his nappy so many times."

THE ASSOCIATED PRESS

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The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Upward row

- Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
- Lift the handles or ends of the band up until they reach the point right under the chin.
- Slowly bring the arms all the way down in a controlled motion.
- Do 30 reps.

Back rows

- In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
- Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
- Do 30 reps.

Military press

- Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
- Repeat as many presses as you can in 30 to 60 seconds.

Whale trail

- Lie down on a bench (you want to be on your chest) and hug the front of the bench.
- Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
- Do 30 reps.

Side and front raise combination

- Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
- Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.

Parents, do you have your kid's back?

Backpack safety. Monitoring the weight and style of your child's backpack could eliminate avoidable hospital visits for them

ALISON BOWEN
Metro World News in New York City

Be careful about what you pack into your little tykes' backpacks. Heavy backpacks can have serious medical implications, according to experts. Thousands of students arrive in local emergency rooms each year with backpack-related injuries. Dr. John Blanco — associate professor of orthopedic surgery at Weill Cornell Medical College in NYC — spoke to us about keeping students' spines safe and offered some helpful tips for watching our child's back:

1. Know the suggested weights. The American Academy of Pediatrics keeps suggestions of how families should choose backpacks and how their children should wear them. "A lot of families just don't have any idea of how a child should wear a backpack," Blanco says. He suggests no more than 10 to 20 per cent of a student's body weight as a measure.

2. Straps matter. "Look for a backpack that has very wide, padded shoulder straps," he says. "They should always have two shoulder straps, and tell your child to put their arms through both shoulder straps. You see a lot of kids that fling the backpack only on one shoulder. By having it on both shoulders, it distributes the weight better." And that dorky waist strap? Use it. "By cinching the waist strip, it brings the backpack firmly against your body."

3. Check out the actual backpack. "Some backpacks weigh a ton with nothing even in them," he notes. "Find a light backpack that fits the bill." Other alternatives? A rolling backpack, if your child doesn't mind being one of the only students with one. Many students don't want them, Blanco says, but, using them "means that they're not putting any weight on their back at all."

Send them off with safe loads. ISTOCK

Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

1. Cut the tenderloin crosswise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

2. Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set side. This step can be done up to 24 hours ahead.

3. When ready to cook, heat the grill to high.

4. In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

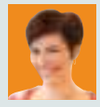
5. Once the cherries have cooled, add the onion, garlic, vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

6. Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

7. Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. THE ASSOCIATED PRESS

Health Solutions

Everything is just peachy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is not August. It is peach season.

Baskets and baskets of local peaches make their way into my repertoire. They go into everything until I have had my fill, or my mid-September birthday, whichever comes first.

I set my calendar by peach season. It's like the lunar equinox for me. Get the picture? It's pretty peachy.

Here are some ways they make me moon.

- In a gazpacho, they add a golden hue and sweetness. Dunk in boiling water for 15 seconds to remove peel, pull pit and blend in.
- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.
- Pan fried in butter as a yogurt topping.
- Brushed with butter and grilled as a side dish to fish.
- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side. Wild Rice Salad with Apricots and Blueberries

1. In a medium pot, combine the wild rice, a hefty pinch of salt and 6 cups water. Bring to a boil, then reduce to a simmer. Simmer for 35 to 45 minutes, adding water as needed. When the rice is tender, strain through a mesh strainer and spread in an even layer on a rimmed baking sheet to cool. To speed the process, you can set the baking sheet in the refrigerator.

2. Once the rice has cooled, in a medium bowl, whisk together the olive oil, vinegar, honey, mustard, chives, tarragon, thyme and a pinch each of salt and pepper. Stir in the wild rice, apricots and blueberries. Season with additional salt and black pepper as needed. THE ASSOCIATED PRESS

Ingredients

- 1 cup wild rice
- Kosher salt
- 3 tbsp olive oil
- 3 tbsp white balsamic vinegar
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 2 tbsp chopped fresh chives
- 2 tbsp chopped fresh tarragon
- 2 tbsp chopped fresh thyme
- Ground black pepper
- 2 fresh apricots, pitted and diced
- 1 cup blueberries

Plum, Hazelnut & Endive Salad creates a fine balance

This recipe serves four. COURTESY THE CANADIAN PRESS

1. Heat oven to 190 C (375 F) or heat barbecue to medium.

2. On a large piece of foil, pour 2 ml (1/2 tsp) of the oil onto 1 side. Place shallots in oil, cut side down. Lightly season with salt and pepper. Top with thyme stems; drizzle with 2 ml (1/2 tsp) of the oil. Seal to form packet. Roast in oven or on barbecue for 20 to 25 minutes or until tender. Let cool to room temperature. Discard thyme stems; chop shallots and reserve juice.

3. In bowl, combine shallots, reserved juice, pinch each salt and pepper, thyme and vinegar, mixing to dissolve salt. Stir in remaining oil.

4. In a large bowl, toss Belgian endive, radicchio, frisee, hazelnuts, plums and vinaigrette.

THE CANADIAN PRESS/ DEVELOPED BY CHEF TAFIK SHEHATA FOR FOODLAND ONTARIO.

Ingredients

Dressing
- 50 ml (1/4 cup) olive oil, divided (approx)
- 2 large shallots, peeled and halved
- Kosher salt and freshly ground pepper
- 10 ml (2 tsp) chopped fresh thyme, stems reserved
- 30 ml (2 tbsp) apple cider vinegar

Salad
- 1 Belgian endive, sliced in rounds
- Half head radicchio, sliced in wide ribbons
- Half head frisee lettuce (dark green outer leaves removed)
- 125 ml (1/2 cup) hazelnuts, toasted
- 2 plums, pitted and cut into 8 slices

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that Susan Ulmer
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a Restaurant and Special Use
(Tavern/Restaurant/Special Use/ Manufacturer)

Permit to sell alcohol in premises known as Sherwood Forest Golf Club Restaurant & Sherwood Forest Golf Club
(Name of establishment)

for which the following is a correct legal description:
(Describe accurately the location of the premises including lot, block and plan number and civic/street address)
SE ¼ 10-18-21 W2, RM of Sherwood, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

How to avoid the 7-day ramen diet

YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stonehauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

1. Budget:
There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca.

(Go to choose a life event then paying for post secondary education.)

2. One-time expenses:
Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately.

The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

3. Income:
Take what's left after separating number two's costs and divide by the months in school for your monthly income.

4. Needs:
Focus on the essentials first. Where you can't pick an exact figure, groceries, for example, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

5. Wants:
This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment, clothing and take out. Be honest with yourself.

6. Juggle:
Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

7. Organize:
Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

8. App it:
There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseIt and Daily Expense Manager are all highly rated to keep track of your spending throughout the year.

It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

Have you located a narcissist at your work? Kill them! (With kindness.) ISTOCK

Narcissists on the job: how to cope with those egomaniacs

At work. Author shares some tips on dealing with people with this personality disorder

JULIE KAYZERMAN
Metro World News

A narcissist's ability to make you feel good inside can draw you right into their world. Their magnetizing gaze can lock on you and make you feel important.

But the author of Freeing Yourself from the Narcissist in Your Life, Linda Martinez-Lewi, has offered ways to identify and deal with people with this fixed personality disorder in the workplace.

Take a step back
Although having the skills to identify a narcissist is important, it is imperative to be able to separate yourself from them at work in order to avoid being controlled. Martinez-Lewi says that if people don't, "they become a victim of narcissistic abuse."

"(Narcissists) project their unconscious impulses, feelings, thoughts, fears and rage onto the victim," says Martinez-Lewi. "They can be vindictive, they can get very angry." As a result, she adamantly calls on all victims to remember to make the mental and sometimes physical separation from the narcissist.

Protect yourself
Martinez-Lewi recommends taking good care of yourself by getting enough rest, eating healthy and exercising. However, your psychological state of mind is just as important.

"You (must) remain as separate and detached from them emotionally and as psychologically as you can," says Martinez-Lewi. Being rational and staying composed definitely will take practice, but if it avoids a volcanic confrontation, it's worth it.

"If something happens, you can point it out to them in a courteous way," says Martinez-Lewi. "You have to be very delicate. Don't confront them head-on, or they'll let you have it."

Kill 'em with kindness
"A narcissist can provide you with many opportunities, since their thinking is so grandiose," she says. "Use areas of your mind that you wouldn't have thought of otherwise."

Martinez-Lewi says to compliment narcissists in a very authentic way, but be wary of getting too comfortable with them.

"Enjoy their good qualities," recommends Martinez-Lewi, "but always remember that they have a fixed personality disorder that is not going to change."

Narcissist in your life?

Martinez-Lewi describes these people as "great method actors" because while they're deceitful and lack a conscience, "they're playing a part. And in a way they kind of believe it."

- **Huge ego.** "Many of them are very grandiose," says Martinez-Lewi. "They have this sense of themselves that's larger than life and better than anyone. They are perfect and superior."
- **Ruthless and cutthroat.** Although narcissists do tend to have an outstanding brilliance, Martinez-Lewi explains that they are also unable to have any kind of emotional intimacy. "They will step over anybody to get what they want," says Martinez-Lewi.

4 SPORTS

Tennis

Federer, Raonic drop in ATP ranks

Roger Federer is sliding in the ATP rankings, now down to No. 7.

Federer, who spent more weeks at No. 1 than anyone, already had reached his lowest spot in a decade by dropping to No. 5 after Wimbledon — and he fell two more places Monday.

Canada's Milos Raonic slipped out of the top 10, dropping one spot to No. 11. In other changes, Rafael Nadal rose to No. 2 from No. 3, swapping with Andy Murray. THE ASSOCIATED PRESS

MLB

Pujols' season over, Angels say

The Los Angeles Angels say slugger Albert Pujols is done for the season because of an injured left foot.

Pujols hasn't played since July 26. He had been saying he wanted to return when his partially torn plantar fascia healed.
THE ASSOCIATED PRESS

Strange promo

Out of the park, into the cemetery

One "lucky" fan will win a free funeral package in a promotion that's more six feet under than it is over the top.

The Triple A affiliate of the Philadelphia Phillies, the Lehigh Valley IronPigs, plans to announce the winner of the fan giveaway at Tuesday's game. Fans had to submit an essay describing their ideal funeral and explain why they deserved a free one. THE ASSOCIATED PRESS

Calvillo slated for more tests on head

CFL. Alouettes QB suspected of having concussion after absorbing hard hit from Riders' Foley

The Alouettes' Anthony Calvillo unloads a pass as Ricky Foley applies pressure at Mosaic Stadium on Saturday.
LIAM RICHARDS/THE CANADIAN PRESS

Jim Popp isn't banking on quarterback Anthony Calvillo or any of the Montreal Alouettes' walking wounded returning Thursday night to face the B.C. Lions.

Calvillo, who is suspected of having a concussion, was among eight Alouettes injured in their 24-21 road loss to the Saskatchewan Roughriders on Saturday. And given Montreal's quick turnaround, interim head coach Popp is assuming all eight won't suit up against B.C. (5-2).

"Guys were getting MRIs, seeing doctors (Monday) and (Tuesday) they sit down and get the final word of where they are but we can't wait on that," the Alouettes general manager said in a telephone interview. "We've had to move forward as though all eight aren't playing and if you get one or two back, then great.

"But we've had to go into the thinking mode that we're not going to have them and move forward."

Calvillo, who will celebrate his 41st birthday Friday, was injured in the first half after taking a hard hit from Saskatchewan defensive end Ricky Foley. Pro football's all-time passing leader had completed four of his eight passes for 85 yards at the time with Montreal (2-5) trailing 7-3.

Backup Josh Neiswander replaced Calvillo, completing 12 of 30 passes for 147 yards and two interceptions. It was Neiswander's first CFL regular-season action since signing with Montreal in 2011.

If Calvillo doesn't play against B.C., Popp would expect Neiswander to start but could also see rookie Tanner Marsh getting some playing time. Both took snaps with the starting offence in practice last week prior to Montreal's game in Regina. THE CANADIAN PRESS

Knees continue to ail Bagg

Saskatchewan slotback Rob Bagg injured his left knee in the first half on Saturday. The native of Kingston, Ont., had missed portions of the previous two seasons with injuries to both knees.

- Bagg appeared to be in tears while walking off the field. An update on his status is expected Tuesday when the Riders return to practice.
- Riders slotback Weston Dressler jammed his left shoulder against Montreal but remained in the game, finishing with five catches for 51 yards and a TD.

A-Rod's lawyer declines MLB's challenge

Despite being suspended, Alex Rodriguez is playing pending an appeal, which is not expected to be decided by an arbitrator until at least November.
JIM ROGASH/GETTY IMAGES FILE

A lawyer for Alex Rodriguez declined Major League Baseball's challenge to make public the evidence that led to the 211-game suspension of the New York Yankees star.

MLB executive vice-president Rob Manfred wrote to lawyer Joseph Tacopina on Monday, urging him to waive his client's confidentiality under baseball's Joint Drug Agreement so the documents could be released. Tacopina had said he wanted to discuss evidence publicly but was constrained by the provision.

"We will agree to waive those provisions as they apply to both Rodriguez and the office of commissioner of baseball with respect to Rodriguez's entire history under the program, including, but not limited to, his testing history, test results, violations of the program, and all information and evidence relating to Rodriguez's treatment by Anthony Bosch, Anthony Galea and Victor Conte," Manfred wrote in the letter, which was released by MLB.

Bosch was head of the Biogenesis of America anti-aging clinic accused of distributing banned performance-enhancing drugs.

Galea pleaded guilty two years ago to a federal charge of bringing unapproved drugs into the United States from Canada. Conte was head of the Bay Area Laboratory Co-operative, the target of a federal investigation that led to criminal charges against Barry Bonds, Marion Jones and others.

The union didn't immediately respond to a request for comment. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Forget what others expect of you and do something that makes you feel good. It doesn't have to be anything special — a walk in the sunshine could be all it takes to give you a new perspective on life.

♉ Taurus
April 21 - May 21
Decisions about financial matters should be put off to another day. There is really no point wasting time worrying about how to make ends meet. You know it will all work out.

♊ Gemini
May 22 - June 21
Go out of your way to co-operate with people today, even with those who have been less than co-operative with you in the past. What happened yesterday or the day before is of no concern.

♋ Cancer
June 22 - July 23
Mars remains in your birth sign only until Aug. 28, so you have just over a week to make use of its powers. You cannot do everything at once but you can do something at once — so start doing it now.

♌ Leo
July 24 - Aug. 23
You've been struggling against forces you cannot defeat. As the Sun comes to the end of its annual cycle through your chart, you will realize there is no point struggling anymore.

♍ Virgo
Aug. 24 - Sept. 23
Think ahead but don't make too many plans because the Sun's change of signs on Thursday could shake things up. Besides, good ideas should always have time to simmer.

♎ Libra
Sept. 24 - Oct. 23
Stop rushing around and take time to chat with people you meet. Everyone has a story and one in particular could be of significance. If you learn something new, don't be afraid to use it to your advantage.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun moves in your favour on Thursday but before then there is a full moon in a particularly sensitive area of your chart. That means you must either finish a task right now or give up on it.

♐ Sagittarius
Nov. 23 - Dec. 21
Be free with your opinions, even if not everyone is happy to hear them. You are entitled to your viewpoint. At least, unlike some people, you appear you have one.

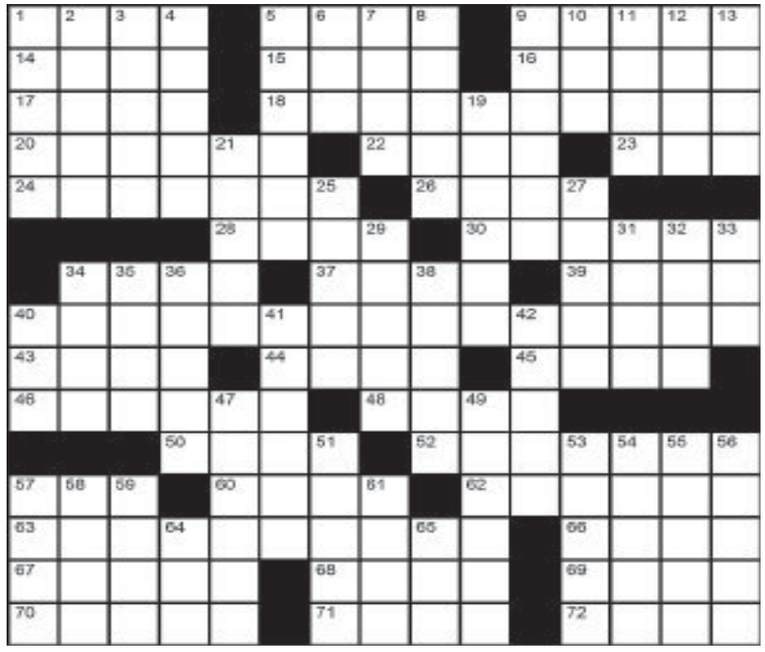
♑ Capricorn
Dec. 22 - Jan. 20
Be nice to people today, even people you can't stand the sight of. It doesn't take much to smile and, who knows, it may have a positive impact when next you meet. Stranger things have happened.

♒ Aquarius
Jan. 21 - Feb. 19
A loved one could say something hurtful today but you must not take it to heart. Either they are being too extreme or you are being too sensitive. Either way, blame it on the approaching full moon.

♓ Pisces
Feb. 20 - March 20
A grumpy person will make you listen to their complaints today. Smile sweetly and pretend you see their point and feel their pain. Then escape as quickly as you can. **SALLY BROMPTON**

Crossword: Canada Across and Down

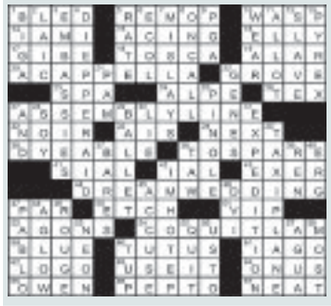
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. British raincoats, nicknamed
5. Woofs!
9. Like non-glossy makeup
14. Border on
15. May, in Lisbon
16. Boo-boo
17. Finale, in music
18. EPCOR CENTRE for the __ Arts, in Calgary
20. Cite as evidence
22. Tea type, __ Grey
23. Opera classic: "O Sole __"
24. Saskatchewan city southeast of Regina
26. Saloon slurp
28. Cat's cry!
30. Really tick off
34. Montreal-born singer of "Come to Me", France __
37. Kind of history
39. New York's Madison, et al.
40. "One Week" band from Scarborough, ON: 2 wds.
43. __ the Terrible
44. #43-Across, for one
45. 'Kind' suffix
46. Las Vegas hangout
48. Canadian figure skating great Mr. Browning
50. Convent denizens
52. Name of the MTV video music award
57. Crunched muscles, for short
60. Hoover Dam lake
62. Unspecified individual
63. __ House, Saskatchewan
66. Pond 'plant'
67. More right sounding
68. Ancient Roman's 2002
69. Retreat
70. Repetition mark, in music
71. Music's Ms. Murray
72. God of war in Greek mythology

Down
1. Parrot
2. Home
3. Blue Rodeo singer Jim
4. Baseball great Rusty
5. Unit of electric†current
6. Arctic explorer, John __
7. NBC's "Chicago __"
8. Couches
9. Arthurian wizard
10. Sleeve
11. Clip
12. Author Ms. Morrison
13. Consequently
19. Animal Farm author George
21. Curry powder ingredient
25. Secluded spots
27. Mark
29. Make mayhem, with Havoc
31. Car rental company
32. The Bee __
33. Curved letter
34. Second Cup serving, hip-style
35. Komodo dragons
36. Russian leader, b.1870-d.1924
38. Tight as _ __
40. Lighters brand
41. Somebody penitent
42. 19th-century composer Mr. Bruckner
47. __ uno!
49. Rock tour gig
51. Actress Ms. Hayek
53. Spiral-horned antelope
54. Tooth type
55. Actress Ms. Harmon
56. Approaches
57. Stars in movies
58. Hockey great, Pavel __
59. Self-satisfied
61. Curse
64. __ Folds Five
65. Author, Anais __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		1		3		5	
		2	9		8	7		
	9	5				8	6	
			2		6			
9								6
			3		4			
	1	7				5	2	
		4	8		2	3		
	8		7		5		1	

Yesterday's Sudoku

1	3	5	9	6	7	4	2	8
4	9	2	8	1	3	6	7	5
6	7	8	4	2	5	9	3	1
8	1	7	2	3	6	5	9	4
3	4	6	5	9	8	2	1	7
5	2	9	1	7	4	3	8	6
7	5	4	3	8	2	1	6	9
2	8	1	6	4	9	7	5	3
9	6	3	7	5	1	8	4	2

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